

## ABSTRACT OF THE DISCLOSURE

An optical recording medium includes a recording layer, a first dielectric layer disposed on the side of a light incidence plane through 5 which the laser beam enters with respect to the recording layer, a second dielectric layer disposed on the side opposite to the light incidence plane with respect to the recording layer, a heat radiation layer disposed on the side of the light incidence plane with respect to the first dielectric layer and a reflective layer disposed on the side opposite to the light incidence 10 plane with respect to the second dielectric layer, the recording layer containing a phase change material represented by an atomic composition formula:  $Sb_aTe_bGe_cMn_d$ , where  $a$  is equal to or larger than 57 and equal to or smaller than 74,  $c$  is equal to or larger than 2 and equal to or smaller than 10,  $d$  is equal to or larger than 5 and equal to or smaller than 20,  $(a + d)$  is equal to or larger than 74 and equal to or smaller than 81 and  $a/b$  is equal to or larger than 2.9 and equal to or smaller than 4.7, in an amount 15 equal to or more than 95 atomic %.

According to the thus constituted optical recording medium, it is possible to simultaneously improve characteristics of recording data 20 therein at a high linear velocity, data reproduction durability and storage reliability.